

Drink More Water

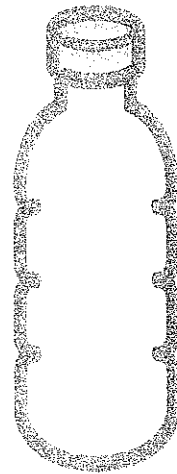
The human body is made up of between 55 and 75 percent water. It is vital to keep all cells hydrated throughout the day. You can only survive without water up to 3 days.

You lose water during the day by:

- Breathing - Your lungs expel between two to four cups of water each day through normal breathing - even more on a cold day.
- Perspiring - Your feet expel 1 cup of water per day, and non-induced exercise expels about two cups of water per day.
- If you make half a dozen trips to the bathroom during the day, that is about six cups of water.

Adequate water consumption can...

- Help lessen the chance of kidney stones
- Helps cleanse your body
- Keeps your skin healthy and increases the elasticity
- Keep joints lubricated
- Prevent and lessen the severity of colds and flu
- Help prevent constipation
- Prevent headaches and migraines
- Can act as a mood stabilizer
- Helps you stay full



(You are drinking enough water if your urine is clear or pale yellow.)

Water has zero calories!

Both the beverage-drinking patterns and overall health of U.S. adults have changed considerably over the past several decades. In the 1970s, Americans got 6-8% of their daily calories from drinks, but today, 21% of their daily calories from beverages. Not counting what's in that glass, cup, can or mug may be a major cause of the alarming increase in obesity. So choose water more often!

Better Beverage Choices Made Easy

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.

Rethink Your Drink

| Drink (12 oz) | Calories | Carbs (grams) | Sugar (grams) | Artificial Sweetener (grams) | Caffeine (grams) |
|-------------------|----------|---------------|---------------|------------------------------|------------------|
| A&W Root Beer | 180 | 46 | 46 | 0 | 0 |
| Coke Classic | 144 | 39 | 39 HFCS | | 34 |
| Diet Coke | 0 | 0 | 0 | 99 ASP | 45 |
| Dr. Pepper | 150 | 39 | 39 | | 39 |
| Fresca | 3 | 0 | 0 | 75 ASP | 0 |
| Gatorade | 75 | 21 | | | |
| Hawaiian Punch | 180 | 45 | 43 | | |
| Mountain Dew | 165 | 46 | 46 | 0 | 55 |
| Pepsi | 150 | 40 | 40 | 0 | 37 |
| Diet Pepsi | 0 | 0 | 0 | | 24 |
| Sprite | 150 | 39 | 39 HFCS | | 0 |
| Sprite Zero | 3 | 0 | 0 | 75 ASP | 0 |
| Cherry Coke | 156 | 42 | 42 HFCS | | 34 |
| Red Bull | 159 | 39 | 40 | | 115 |
| 100% Apple Juice | 160 | 40 | 37 | | |
| Min Maid Lemonade | 165 | 46 | 43 | | |
| 2% Milk (8 oz) | 122 | 12 | 12 | | |
| Skim Milk | 80 | 12 | 12 | | |
| Lemon Ice Tea | 132 | 33.5 | 33.5 HFCS | | |

The Mad Hatter Theory

"Take some more tea," the March Hare said to Alice, very earnestly. "I've had nothing yet," Alice replied in an offended tone, "so I can't take more." "You mean you can't take less," said the Hatter: "It's very easy to take more than nothing." Lewis Carroll, *Alice's Adventures in Wonderland*

There is actually a way that diet drinks could contribute to weight gain, Fowler suggests. She remembers being struck by the scene in *Alice's Adventures in Wonderland* in which Alice is offended because she is offered tea but is given none -- even though she hadn't asked for tea in the first place. So she helps herself to tea and bread and butter.

That may be just what happens when we offer our bodies the sweet taste of diet drinks, but give them no calories. Fowler points to a recent study in which feeding artificial sweeteners to rat pups made them crave more calories than animals fed real sugar. "If you offer your body something that tastes like a lot of calories, but it isn't there, your body is alerted to the possibility that there is something there and it will search for the calories promised but not delivered," Fowler says.

Perhaps, Bonci says, our bodies are smarter than we think. "People think they can just fool the body. But maybe the body isn't fooled," she says. "If you are not giving your body those calories you promised it, maybe your body will retaliate by wanting more calories. Some soft drink studies do suggest that diet drinks stimulate appetite."